



Operation Pacific Survivor – Fort Hunter Liggett, CA

DAILY BLADE

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First graduating CLS class is field-ready

RTS Medical Systems LLC, which is comprised of a team of civilian medical trainers, along with Soldiers from the 63rd RRC Surgeons Office, graduated twenty-five students from a three-day Combat Life Saver Course yesterday, designed to augment medical assets during Operation Pacific Survivor.

The students are Soldiers picked from various participating units, who received hands-on instruction in advanced first aid including treating and dressing open wounds, making splints, applying tourniquets, treating heat casualties, performing cardio pulmonary resuscitation and I-V insertion.

"I volunteered for the class because they needed extra people for the course, and I want to be prepared to help my fellow Soldiers as well as augment the Pac Survivor medical assets," said Pfc. Hamilton Nguyen.

Training contractor James R. Jones Jr. from RTS said his company enhances the Army Reserve mission by training Soldiers in all warrior tasks, giving them proficiency and increasing their ability to succeed on the battlefield. The RTS contractors, based at Camp Roberts, also conduct a CLS class which incorporates warrior tasks in a field environment.



Photo by Staff Sgt. Kent Ambrose

Front Row: (from left to right) 2nd Lt. William Simmons, Lt. Col Alice Randall, Lt. Col. George Luena, Lucky Valero, USMC Maj. (Ret.), Second Row (from left to right) Dustin Conover, Staff Sgt. Mark Michini, Maj. Anthony Dintcho, James R. Jones.



Photo by Maj. Gregory Baker

Combat Life Saver course student, Pfc. Hamilton Nugyun (left) examines a fellow classmate for vital signs while CLS instructor, Lt. Col. Alice Randall, observes his performance.

Prevention of Heat Injury

- **Work/Rest cycles**
 - Know heat category
 - Follow guidelines for work/rest cycles
- **Acclimatization**
 - Full acclimatization takes about two (2) weeks
 - Moderation is the key to success
- **Take in fluids/hydration (add electrolytes during acclimatization)**
 - Water is the best method for hydration
 - Follow fluid replacement guidelines
- **Exercise/physical fitness**
 - Physical fitness increases ability of the body to handle heat stress
 - Moderate exercise in the heat will allow the body to adjust
- **Rest and Recovery (heat stress is cumulative)**
 - Adequate rest / sleep to allow the body to recover
 - Proper diet to replenish electrolytes and calories
 - Allowing the body to cool down



Anything from a 1008 Blazer to a 915 Tractor Truck is parked and ready to roll, as Master Sgt. Earl Brown and his team of Soldiers dispatch and maintain vehicles from the 6045th GSU motor pool in support of Operation Pacific Survivor. Brown and his Soldiers work closely with Equipment Consolidation Site (ECS) 170, from which they have drawn and staged more than 250 vehicles so far.

“People don’t realize what we have to do in an exercise like this,” said Brown. “The 6045th has really come together and made it happen.”



Master Sgt. Brown, 6045th, keeps more than 250 vehicles in motion in support of everything from water buffalos for drinking water to Humvees.



Master Sgt. Earl Brown, 6045th logistics NCOIC, briefs Staff Sgt. Amala Sanders, a 469th CSSB mechanic, on a leaking water pump in one of the motor pool vehicles.



Fort Hunter Liggett Facility Operational Hours
Effective Dates: 12 – 26 Aug 2006

<u>Facility</u>	<u>Location</u>	<u>Days</u>	<u>Times</u>
Rec. Center	P-287	Mon-Sat	1100-2100
		Sun	1000-2100
Commissary	S-182	Mon-Sat	0800-1900
		Sun	Closed
Barber Shop	S-80	Mon	1200-2000
		Tu-Th	1000-2000

Theatre: Schedule for 11-26 Aug 2006

<u>Date</u>	<u>Times</u>	<u>Showing</u>
Wed: 16 Aug	1930	Click
Fri: 18 Aug	1930	You, Me and Dupree
Sat: 19 Aug	1930	Little Man
Sun: 20 Aug	1930	Pirates of the Caribbean 2
Mon: 21 Aug	1930	Click
Wed: 23 Aug	1930	Superman Returns
Fri: 25 Aug	1930	My Super Ex-Girlfriend
Sat: 26 Aug	1500	Monster House
Sat: 26 Aug	1930	Clerks II

Chaplain Chat....

The psalms speak of the Soldier who is strengthened in the Lord. During Pacific Survivor remind yourself that we train to be Warriors. Train to fight! Even in faith, commit to training that will make all of us better war fighters.

The Daily Blade is published by the Operation Pacific Survivor Public Affairs Office, under the 6045 and 5035 GSU Commands and the 63rd RRC PAO Office Col. Joel Mjolsness 6045th and Samuel L. Friar 5035th, Commanding. PAO is located at Fort Hunter Liggett in Building 286. Story ideas can be submitted by phone (562-338-8947) or e-mail (patricia.e.ryan@usar.army.mil)